2

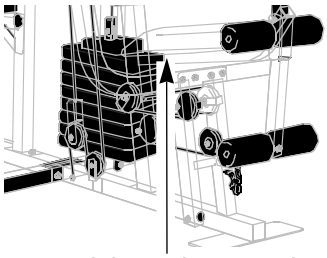
TM

PATENT PENDING

WEIDER®

Model No. 831.159360
Serial No. _____

The serial number can be found in the location shown below. Write the serial number in the space above.

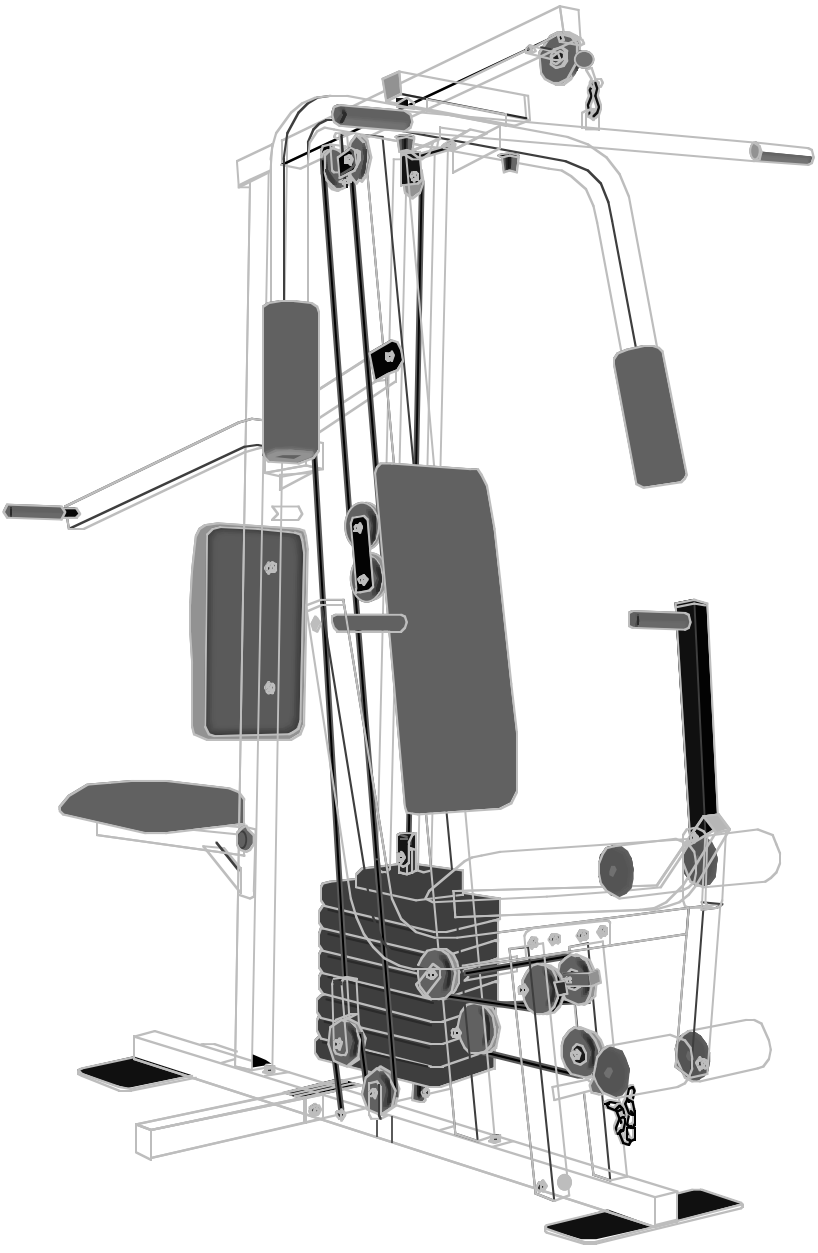


Serial Number Decal

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



SEARS

SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS 2
BEFORE YOU BEGIN 3
ASSEMBLY 4
ADJUSTMENT 19
TROUBLE-SHOOTING AND MAINTENANCE 22
CABLE DIAGRAM 23
ORDERING REPLACEMENT PARTS . . . . . .Back Cover
FULL 90 DAY WARRANTY . . . . . .Back Cover

Note: An EXPLODED DRAWING/PART LIST and a PART IDENTIFICATION CHART are attached to the center of this manual. Remove the EXPLODED DRAWING/PART LIST and the PART IDENTIFICATION CHART before beginning assembly.

IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the home gym system.

1. **It is the responsibility of the owner to ensure that all users of the home gym system are adequately informed of all precautions.**
2. **Read all instructions in this manual and in the accompanying literature before using the home gym system.**
3. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**
4. **Use the home gym system only on a level surface. Cover the floor or carpet beneath the home gym system for protection.**
5. **Inspect and tighten all parts often. Replace any worn parts immediately.**
6. **Keep small children and pets away from the home gym system at all times.**
7. **The home gym system is designed to be used by only one person at a time.**
8. **Keep hands and feet away from moving parts.**
9. **Always wear athletic shoes for foot protection when exercising.**
10. **Always stand on a foot plate when performing an exercise that could cause the home gym system to tip.**
11. **Never release the press arm, butterfly arms, squat arm, leg lever, lat bar, or nylon strap while weights are raised. The weights will fall with great force.**
12. **Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on all of the pulleys.**
13. **Always disconnect the lat bar from the home gym system when performing an exercise that does not use the lat bar.**

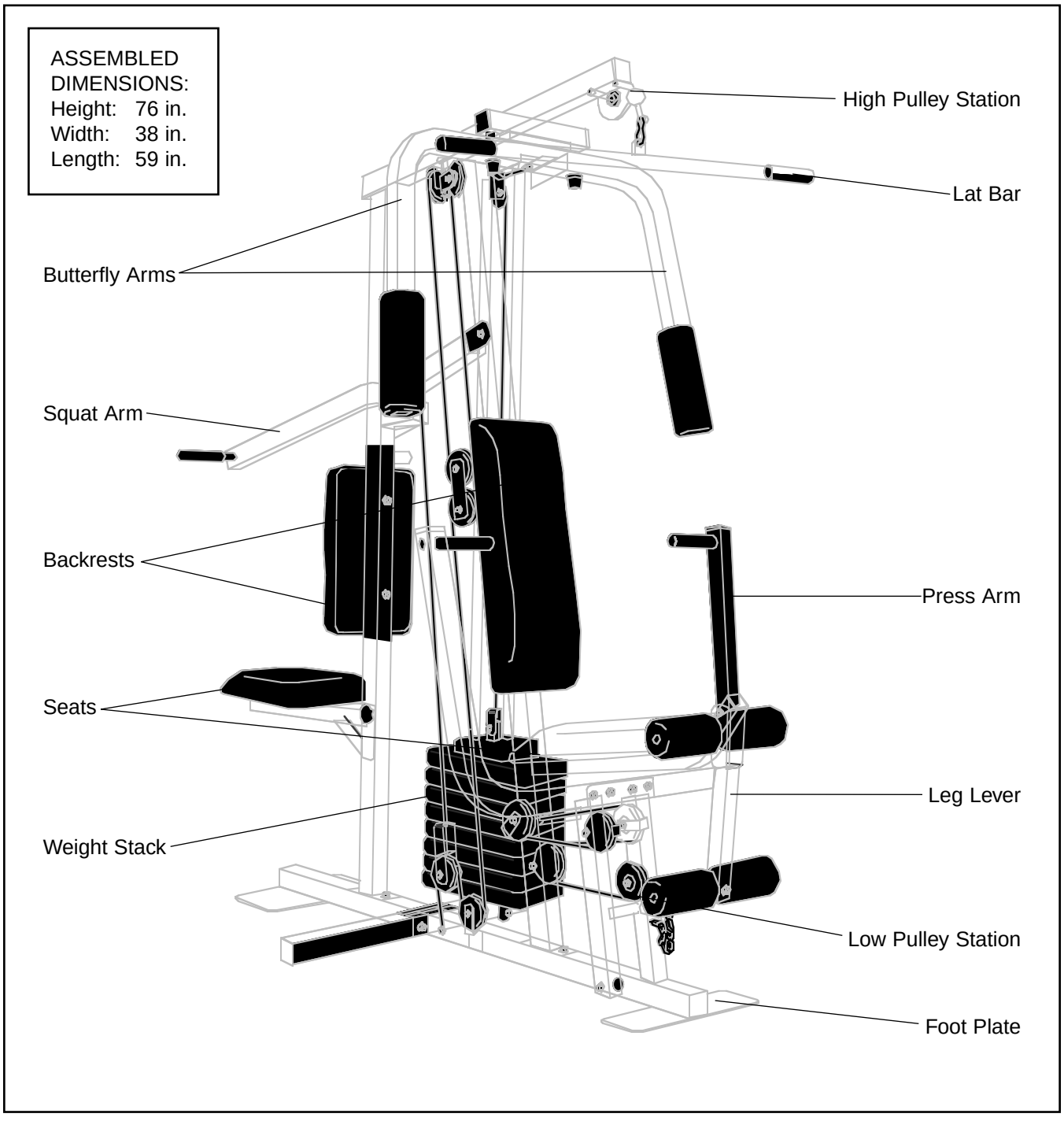
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the WEIDER® PRO 9625 Home Gym System. The versatile PRO 9625 is designed to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the PRO 9625 will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® PRO 9625 Home Gym System. If you have additional questions, please call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is 831.159360. The serial number can be found on a decal attached to the WEIDER® PRO 9625 (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

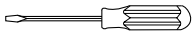
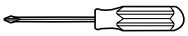


ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

- Place all parts of the home gym system in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- The assembly is divided into four stages: 1) frame assembly, 2) press, squat, and butterfly arm assembly, 3) cable and pulley assembly, and 4) seat and backrest assembly. The hardware for each stage is packaged separately.
- Wait until you begin each assembly stage to open that parts bag.
- For help identifying the small parts used in assembly, **use the PART IDENTIFICATION CHART located in the center of this manual.** Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.
- As you assemble the home gym system, be sure that all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- **Two (2) adjustable wrenches** 
- **One (1) standard screwdriver** 
- **One (1) phillips screwdriver** 
- **One (1) rubber mallet** 
- **Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.**

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

FRAME ASSEMBLY

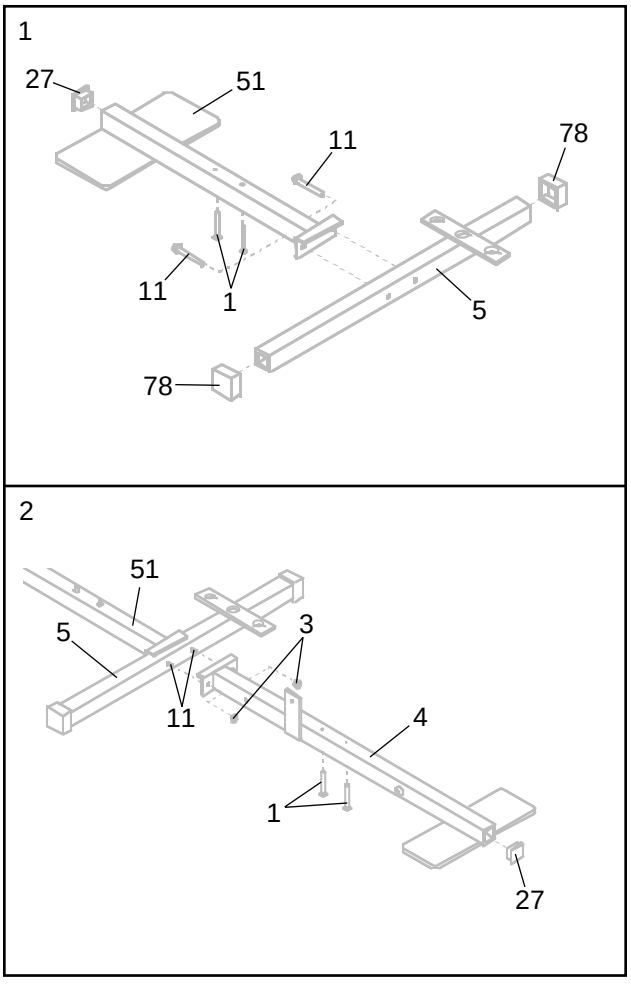
1. **Before beginning assembly, be sure that you have read and understand the information in the box above.**

   Press a 2” Square Inner Cap (27) into the end of the Rear Base (51). Press a 2” Square Cover Cap (78) onto each end of the Stabilizer (5).

   Insert two 5/16” x 2 1/2” Carriage Bolts (1) up through the Rear Base (51). Insert two 5/16” x 2 3/4” Bolts (11) through the Rear Base and Stabilizer (5) as shown.

2. Press a 2” Square Inner Cap (27) into the end of the Front Base (4).

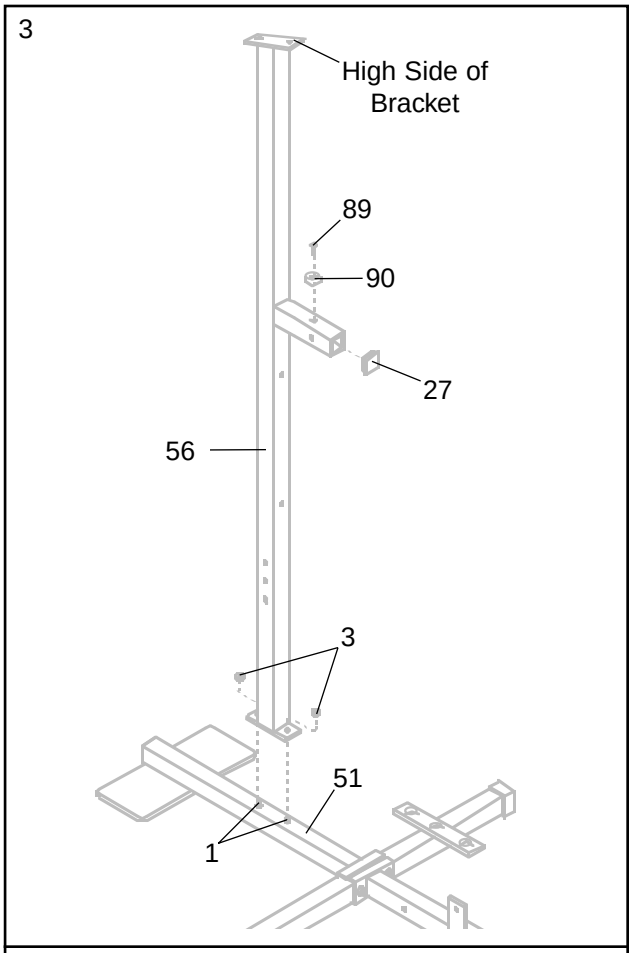
   Insert two 5/16” x 2 1/2” Carriage Bolts (1) up through the Front Base (4). Slide the Front Base onto the two 5/16” x 2 3/4” Bolts (11) in the Rear Base (51) and Stabilizer (5). Hand-tighten two 5/16” Nylon Locknuts (3) onto the Carriage Bolts. **Do not tighten the Nylon Locknuts yet.**



3. Press a 2” Square Inner Cap (27) into the Rear Upright (56).

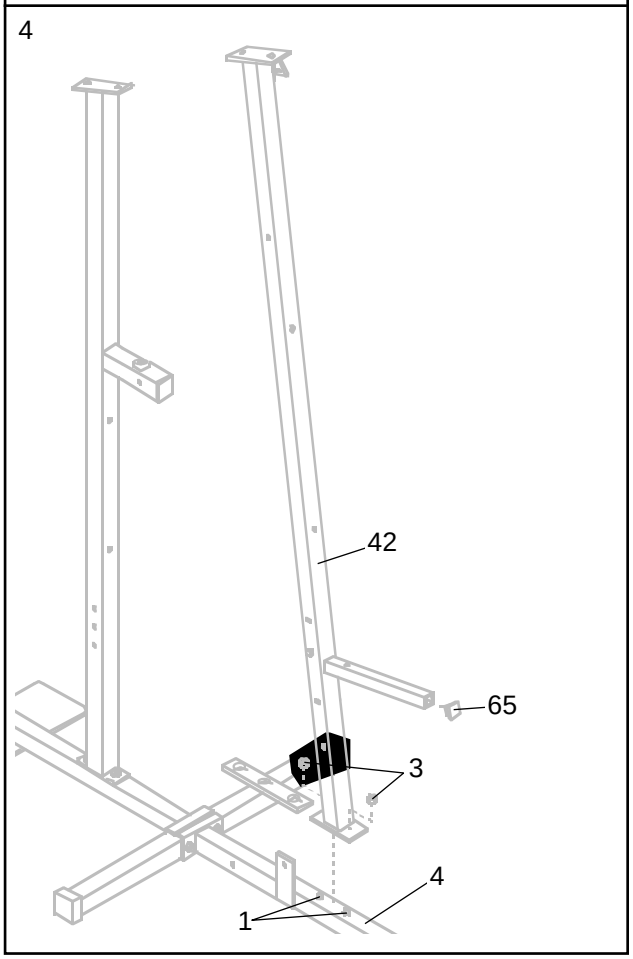
   Attach a Rubber Bumper (90) to the Rear Upright (56) with a #8 x 1/2” Tap Screw (89).

   Slide the Rear Upright (56) onto the 5/16” x 2 1/2” Carriage Bolts (1) in the Rear Base (51). Hand tighten a 5/16” Nylon Locknut (3) onto each Carriage Bolt. **The high side of the bracket on the Rear Upright must be on the side shown. Do not tighten the Nylon Locknuts yet.**



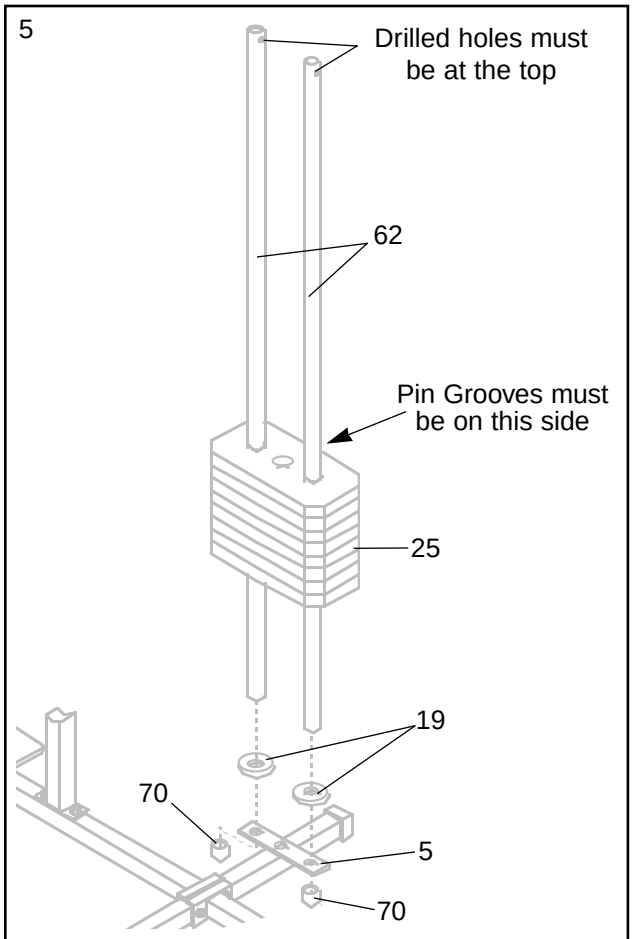
4. Press a 1” Square Inner Cap (65) into the Front Upright (42).

   Slide the Front Upright (42) onto the 5/16” x 2 1/2” Carriage Bolts (1) in the Front Base (4). Hand tighten a 5/16” Nylon Locknut (3) onto each Carriage Bolt. **Do not tighten the Nylon Locknuts yet.**



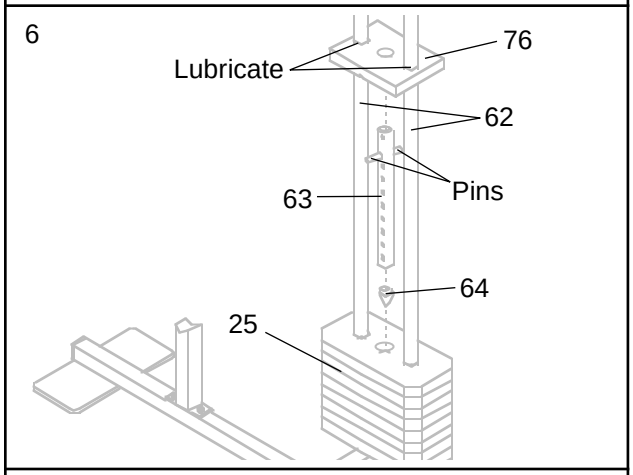
5. Set two Weight Bumpers (19) onto the bracket on the Stabilizer (5). Insert both Weight Guides through the Weight Bumpers and the bracket on the Stabilizer. **Be sure that the drilled holes in the Weight Guides are at the top, as shown.** Press a 1" Round Cover Cap (70) onto the bottom of each Weight Guide (62).

   Slide eight Weights (25) on the Weight Guides (62). **Be sure that all of the Weights are turned so the pin grooves are on the same side.**



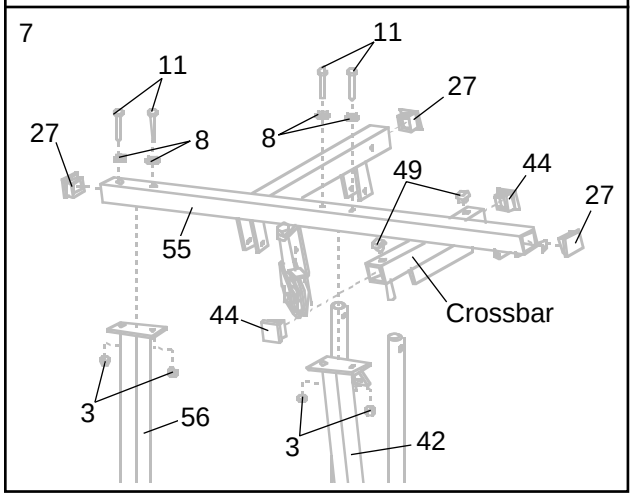
6. Press the Weight Tube Bumper (64) into the end of the Weight Tube (63). Insert the Weight Tube into the stack of Weights (25). Be sure that the pins on the Weight Tube are resting in the pin grooves in the upper Weight.

   Lubricate the insides of the holes in the Top Weight (76). Slide the Top Weight onto the Weight Guides (62) and set it on the stack of Weights (25).



7. Press a 2" Square Inner Cap (27) into each end of the Top Frame (55). Press a 1 3/4" Square Inner Cap (44) into each end of the crossbar on the Top Frame. Press two 1" Round Inner Caps (49) into the top of the crossbar.

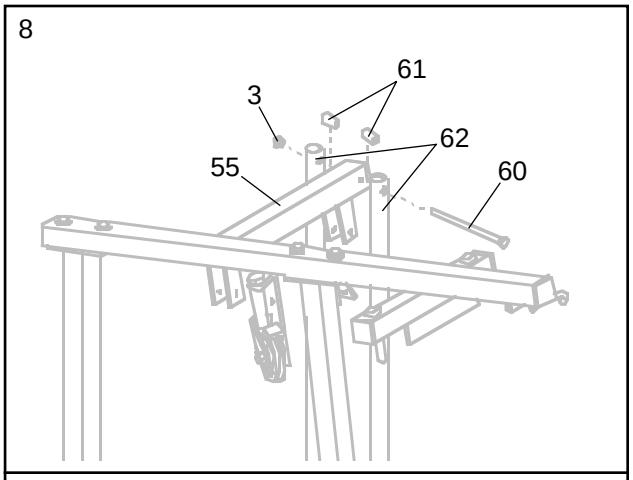
   Attach the Top Frame (55) to the Front Upright (42) and the Rear Upright (56) with four 5/16" x 2 3/4" Bolts (11), four 5/16" Flat Washers (8), and four 5/16" Nylon Locknuts (3).



FRAME ASSEMBLY

8. Attach the upper ends of the Weight Guides (62) to the Top Frame (55) with the 5/16" x 6" Bolt (60), two 1/2" x 3/4" Spacers (61), and a 5/16" Nylon Locknut (3).

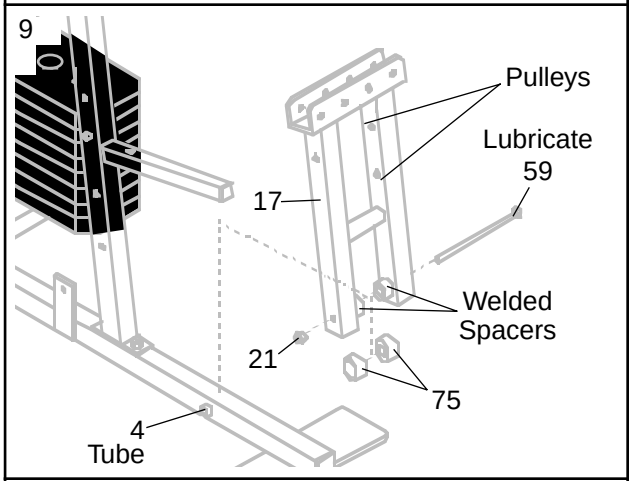
   Tighten all Nylon Locknuts used in steps 2 through 8.



ARM ASSEMBLY

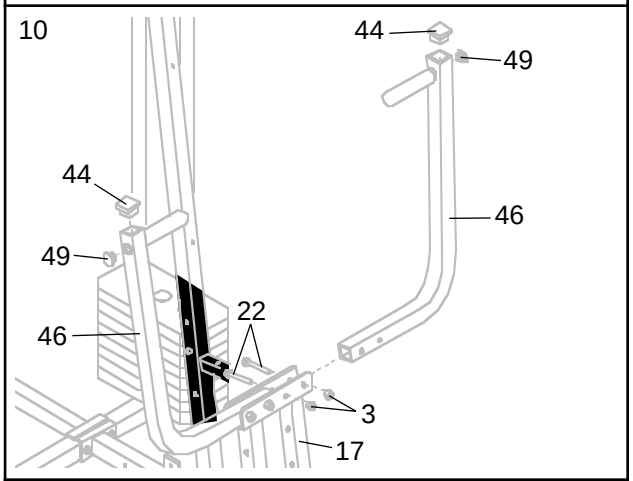
9. Press a 1" x 7/8" Plastic Bushing (75) onto each welded spacer on the Press Frame (17). Slide the Press Frame into place on the Front Base (4). **Note: This will be a tight fit. The Plastic Bushings should fit onto each end of the indicated tube in the Base. Be sure that the indicated pulleys are on the side shown.**

   Lubricate the 3/8" x 8" Bolt (59). Attach the Press Frame (17) to the Front Base (4) with the 3/8" x 8" Bolt and a 3/8" Nylon Locknut (21).



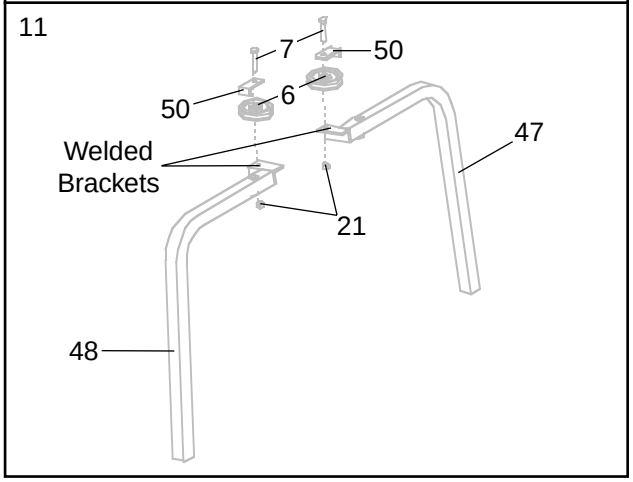
10. Press a 1 3/4" Square Inner Cap (44) into the top of a Press Arm (46). Press a 1" Round Inner Cap (49) into the side of the Press Arm. Attach the Press Arm to one side of the Press Frame (17) with two 5/16" x 2 1/2" Bolts (22) and two 5/16" Nylon Locknuts (3).

    Assemble the other Press Arm (46) in the same manner.



11. Identify the Right Arm (48) and the Left Arm (47). Note the position of the welded bracket on each Arm. **Arm identification is very important for step 12.**

    Note: The "V"-Pulleys (6), Long Cable Traps (50), 3/8" x 2 1/2" Bolts (7), and 3/8" Nylon Locknuts (21) are pre-attached. These have been shown disassembled for easy part identification.



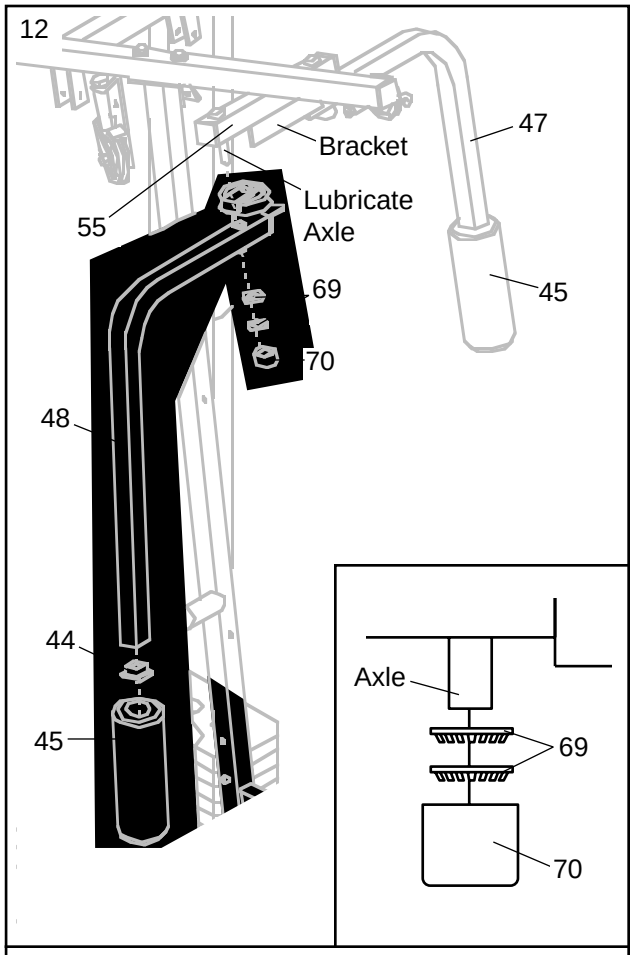
12. Lubricate both axles on the Top Frame (55).

Slide the Right Arm (48) onto the right axle. **Note: Be careful not to confuse the Right Arm with the Left Arm (47); refer to step 11 to identify the Right Arm. Be sure that the upper end of the Right Arm is behind the indicated bracket on the Top Frame (55).**

Tap two 1" Retainers (69) and a 1" Round Cover Cap (70) onto the right axle. **Be sure that the teeth on the Retainers bend toward the Cover Cap, as shown in the inset drawing.**

Attach the Left Arm (47) in the same manner.

Press 1 3/4" Square Inner Caps (44) into the lower ends of the Right and Left Arms (47, 48). Wet the lower end of each Arm with soapy water. Slide a 10" Pad (45) onto the lower end of each Arm.

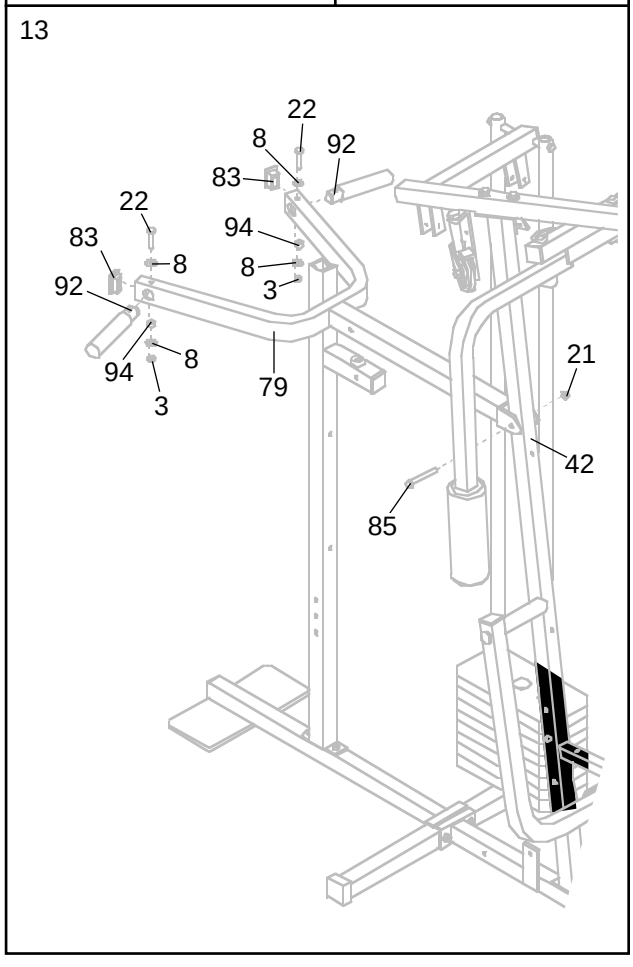


13. Press two 1" x 2" Inner Caps (83) into the indicated end of the Squat Arm (79).

Attach the Squat Arm (79) to the Front Upright (42) with a 3/8" x 3 1/4" Bolt (85) and a 3/8" Nylon Locknut (21).

Attach a Handle (92) to one side of the Squat Arm (79) with a 5/16" x 2 1/2" Bolt (22), two 5/16" Flat Washers (8), a 1/2" x 17/32" Spacer (94), and a 5/16" Nylon Locknut (3).

Attach the other Handle (92) to the other side of the Squat Arm (79) in the same manner.



CABLE ASSEMBLY

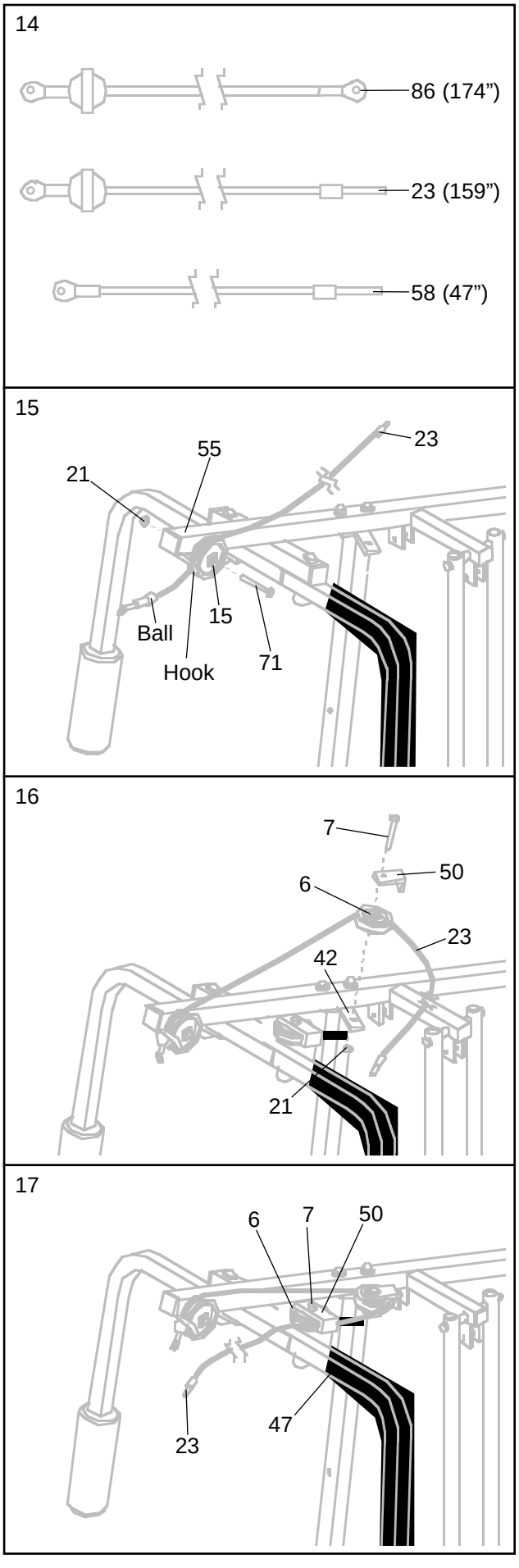
14. During steps 15 through 36, refer to the CABLE DIAGRAM on page 23 of this manual to verify proper cable routing. Before beginning this section, identify the Long Cable (86), the Medium Cable (23), and the Short Cable (58) by comparing the lengths and ends of the cables.

    IMPORTANT: While assembling the cables, do not overtighten the bolts and nuts securing the pulleys. The pulleys must be able to turn freely.

15. **Locate the Medium Cable (23).** Wrap the Medium Cable around a 3 1/2" Pulley (15). Attach the Pulley to the Top Frame (55) with a 3/8" x 3 3/4" Bolt (71) and a 3/8" Nylon Locknut (21). **Be sure that the end of the Cable with the ball is on the indicated side of the Pulley and that the Cable is between the Pulley and the hook.**

16. Wrap the Medium Cable (23) around a "V"-Pulley (6). Attach the "V"-Pulley and a Long Cable Trap (50) to the indicated bracket on the Front Upright (42) with a 3/8" x 2 1/2" Bolt (7) and a 3/8" Nylon Locknut (21). **Be sure that the Long Cable Trap is positioned to hold the Cable in place.**

17. Route the Medium Cable (23) around the "V"-Pulley (6) on the Left Arm (47). **Be sure that the Cable is in the groove of the Pulley and that the Long Cable Trap (50) is positioned to hold the Cable in place.** Tighten the 3/8" x 2 1/2" Bolt (7) and the 3/8" Nylon Locknut (not shown).

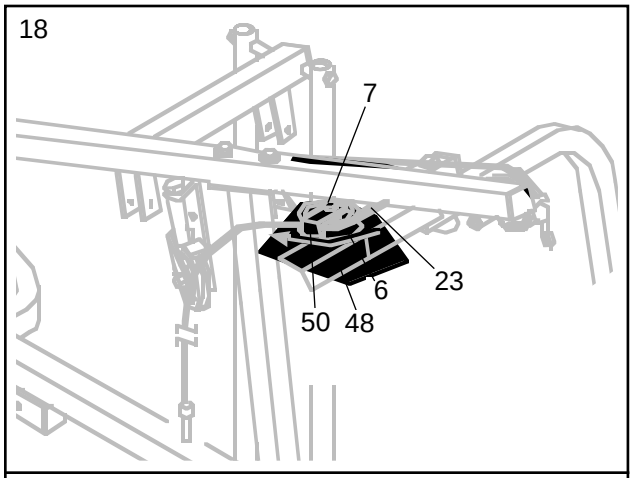


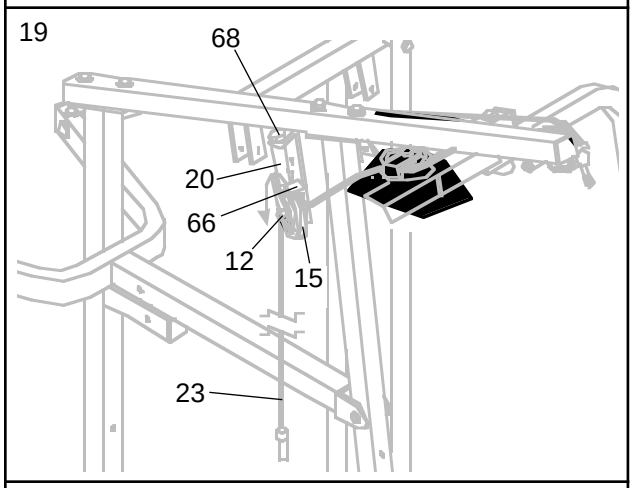
18. Route the Medium Cable (23) around the "V"-Pulley (6) on the Right Arm (48). **Be sure that the Cable is in the groove of the "V"-Pulley and that the Long Cable Trap (50) is turned to hold the Cable in place.** Tighten the 3/8" x 2 1/2" Bolt (7) and the 3/8" Nylon Locknut (not shown).

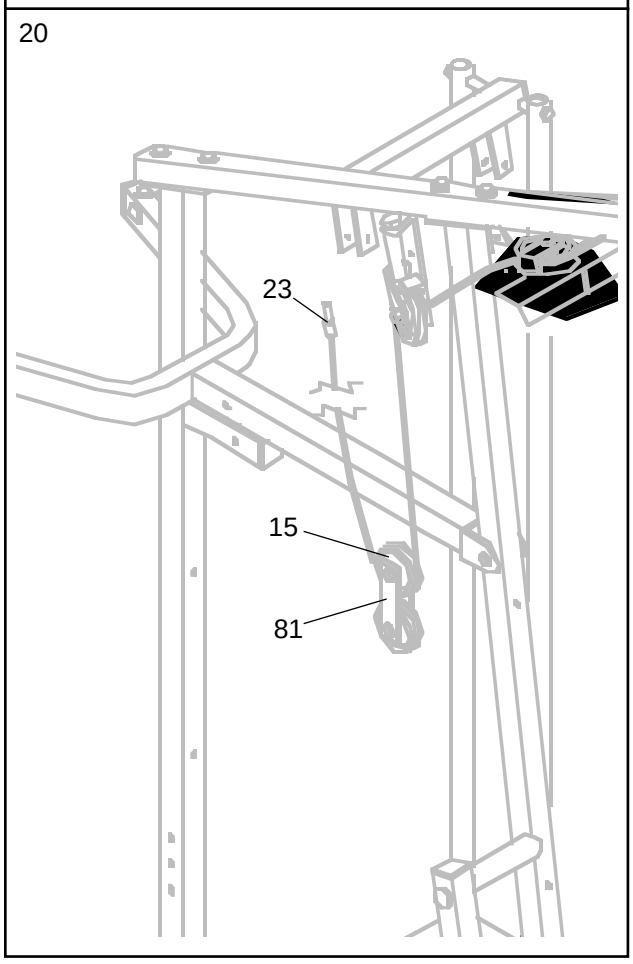
19. Route the Medium Cable (23) around the 3 1/2" Pulley (15) attached to the Pulley Bracket (20). **Be sure that the Cable is in the groove of the Pulley and that the Cable Trap (66) is turned to hold the Cable in place.** Tighten the 3/8" x 2" Bolt (12) and the 3/8" Nylon Locknut (not shown).

    Be sure that the 5/16" x 5" Bolt (68) is properly tightened and that the Pulley Bracket (20) can move freely.

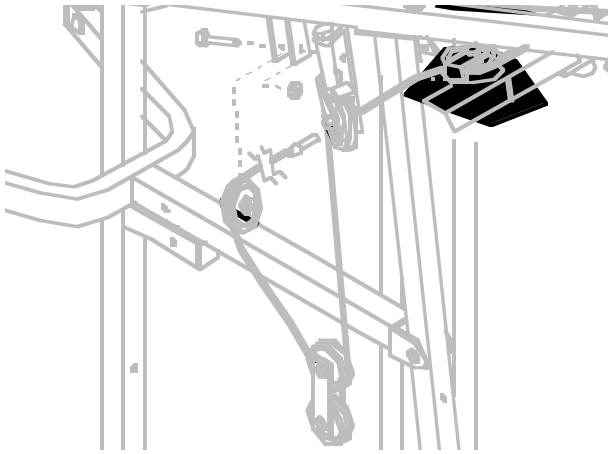
20. Route the Medium Cable (23) around one of the 3 1/2" Pulleys (15) attached to the "I" Plates (81). **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**



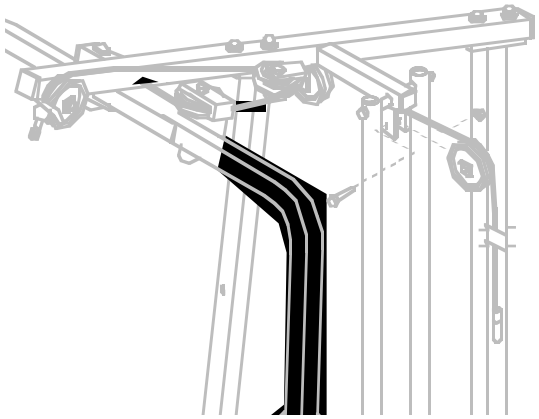




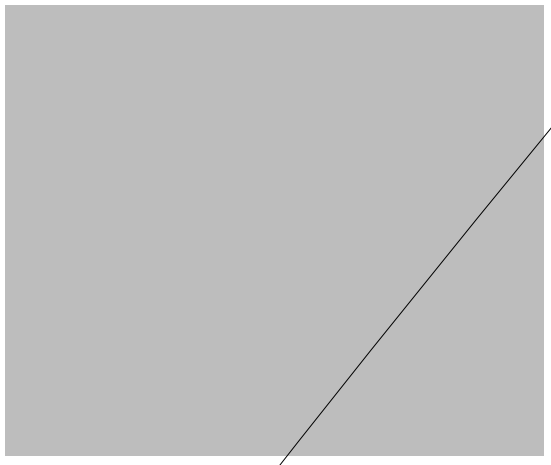
21. Wrap the Medium Cable (23) around a 3 1/2” Pulley (15). Attach the Pulley to the Top Frame (55) with a 3/8” x 1 3/4” Bolt (87) and a 3/8” Nylon Locknut (21).



22. Wrap the Medium Cable (23) around a 3 1/2” Pulley (15). Attach the Pulley to the Top Frame (55) with a 3/8” x 1 3/4” Bolt (87) and a 3/8” Nylon Locknut (21).

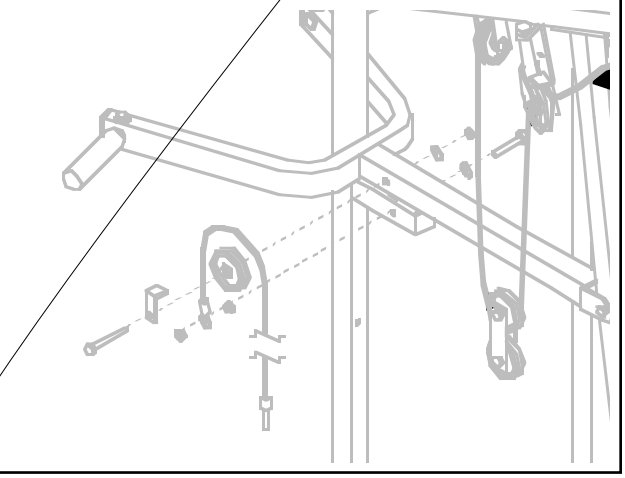


23. Attach the Medium Cable (23) to the Small “U”-Bracket (67) with a 1/4” Nylon Locknut (2) and a 1/4” Flat Washer (10). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable only a couple of turns, as shown in the inset drawing.**

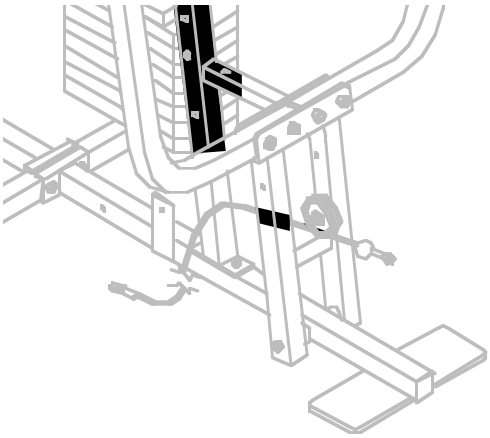


24. **Locate the Short Cable (58).** Attach the Short Cable to the Rear Upright (56) with a 5/16” x 3” Bolt (93), a 5/16” Flat Washer (8), and two 5/16” Nylon Jam Nuts (84). **The end of the Cable must be between the two Nylon Jam Nuts and there must be enough room between the Nylon Jam Nuts for the end of the Cable to pivot.**

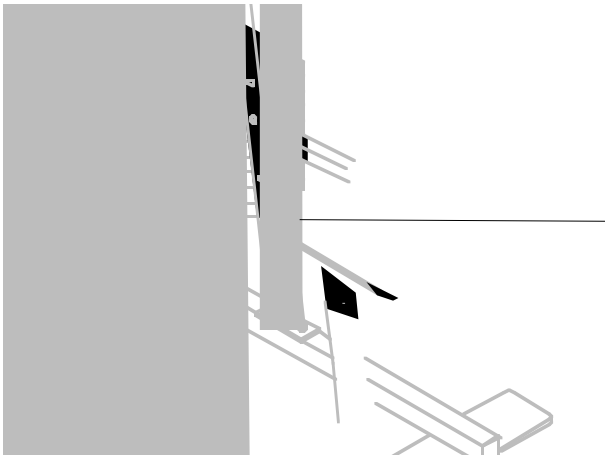
    Wrap the Short Cable (58) around a 3 1/2” Pulley (15). Attach the Pulley and a Cable Trap (66) to the Squat Arm (79) with a 3/8” x 3 3/4” Bolt (71), a 3/8” Flat Washer (9), and a 3/8” Nylon Lock Nut (21). **The Cable Trap must be turned to hold the Cable in place.**



27. **Locate the Long Cable (86).** Route the Long Cable under the 3 1/2” Low Pulley (88). **Be sure that the end of the Cable with the ball is on the indicated side of the Press Frame (17) and that the Cable is between the Pulley and the crossbar on the Press Frame.** Tighten the 3/8” Nylon Locknut (21) and the 3/8” x 3 3/4” Bolt (not shown).



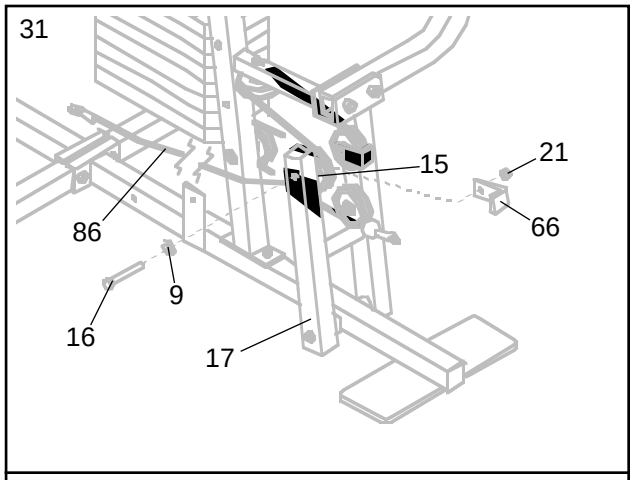
28. Wrap the Long Cable (86) around a 3 1/2” Pulley (15). Attach the Pulley and a Cable Trap (66) to the lower hole in the Front Upright (42) with a 3/8” x 3 3/4” Bolt (71), a 3/8” Flat Washer (9), and a 3/8” Nylon Locknut (21). **Be sure that the Cable Trap is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.**



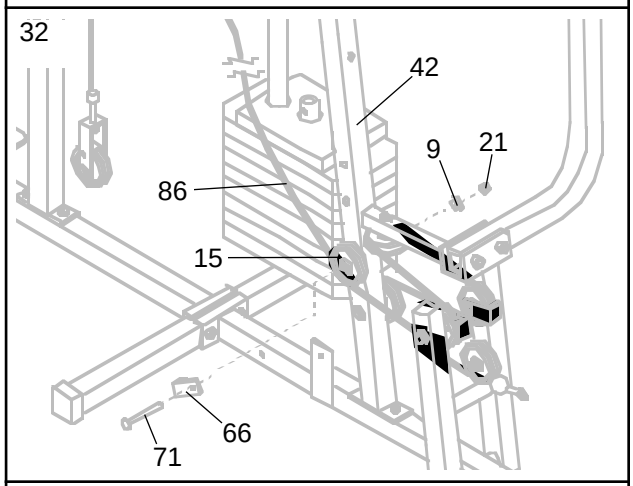
29. Wrap the Long Cable (86) around a 3 1/2” Pulley (15). Attach the Pulley and a Cable Trap (66) to the Press Frame (17) with a 3/8” x 3 1/2” Bolt (16), a 3/8” Flat Washer (9) and a 3/8” Nylon Locknut (21). **Be sure that the Cable Trap is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.**

30. Wrap the Long Cable (86) around a “V”-Pulley (6). Attach the “V”-Pulley to the indicated hole in the Front Upright (42) with a 3/8” x 3 1/4” Bolt (85), a 3/8” Flat Washer (9), and a 3/8” Nylon Locknut (21). **Be sure that the Cable is in the groove of the “V”-Pulley and that the Cable is routed around the “V”-Pulley as shown.**

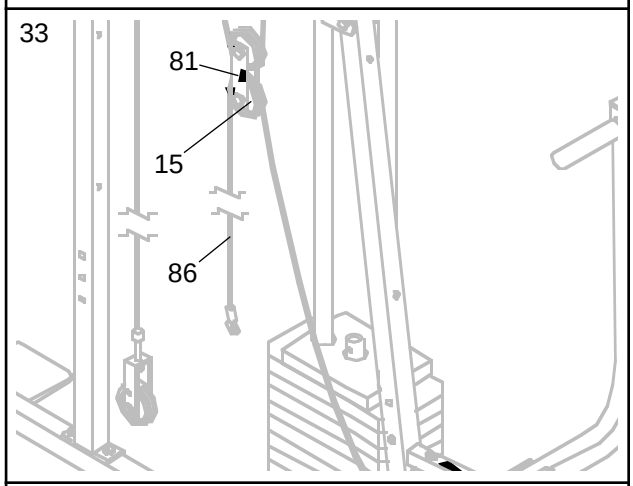
31. Wrap the Long Cable (86) around a 3 1/2" Pulley (15). Attach the Pulley and a Cable Trap (66) to the Press Frame (17) with a 3/8" x 3 1/2" Bolt (16), a 3/8" Flat Washer (9), and a 3/8" Nylon Locknut (21). **Be sure that the Cable Trap is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.**



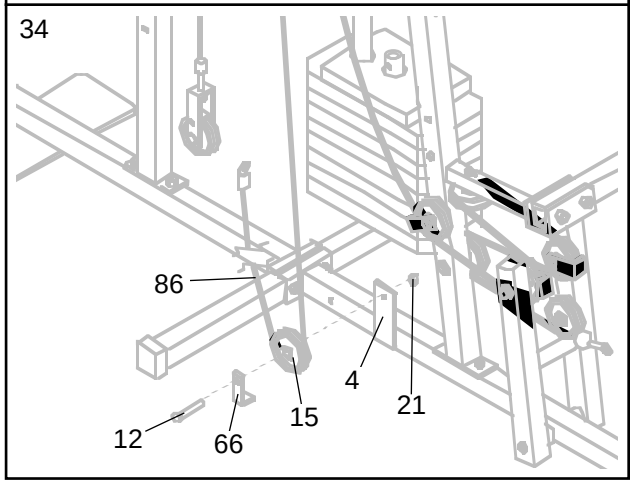
32. Wrap the Long Cable (86) around a 3 1/2" Pulley (15). Attach the Pulley and a Cable Trap (66) to the indicated hole in the Front Upright (42) with a 3/8" x 3 3/4" Bolt (71), a 3/8" Flat Washer (9), and a 3/8" Nylon Locknut (21). **Be sure that the Cable Trap is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.**



33. Route the Long Cable (86) over the lower 3 1/2" Pulley (15) attached to the "I"-Plates (81). The Cable must be routed from the direction shown.



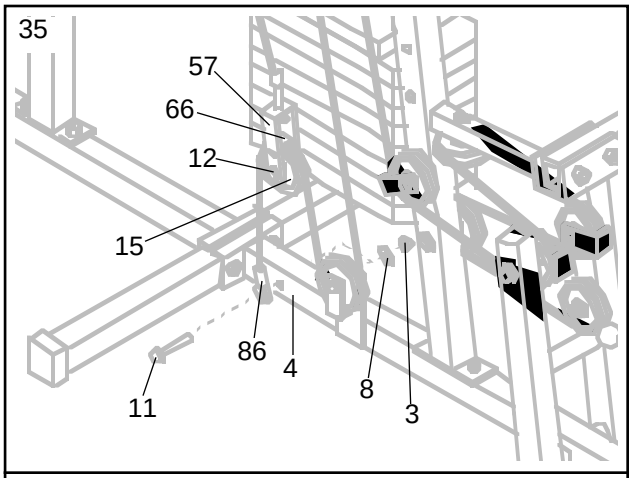
34. Wrap the Long Cable (86) around a 3 1/2" Pulley (15). Attach the Pulley and a Cable Trap (66) to the bracket on the Front Base (4) with a 3/8" x 2" Bolt (12) and a 3/8" Nylon Locknut (21). **Be sure that the Cable Trap is turned to hold the Cable in place and that the Cable is routed around the Pulley as shown.**



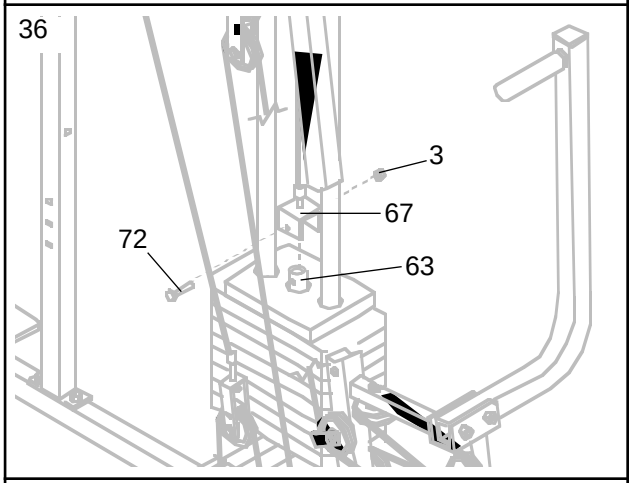
CABLE ASSEMBLY

35. Route the Long Cable (86) around the indicated 3 1/2” Pulley (15) and through the Long “U”-Bracket (57). **The Cable must be between the Cable Trap (66) and the Pulley.** Tighten 3/8” x 2” Bolt (12) and the 3/8” Nylon Locknut (not shown). **Be sure that the Cable is in the groove of the Pulley and that the Cable and Pulley move smoothly.**

    Attach the end of the Long Cable (86) to the Front Base (4) with a 5/16” x 2 3/4” Bolt (11), a 5/16” Flat Washer (8), and a 5/16” Nylon Locknut (3).

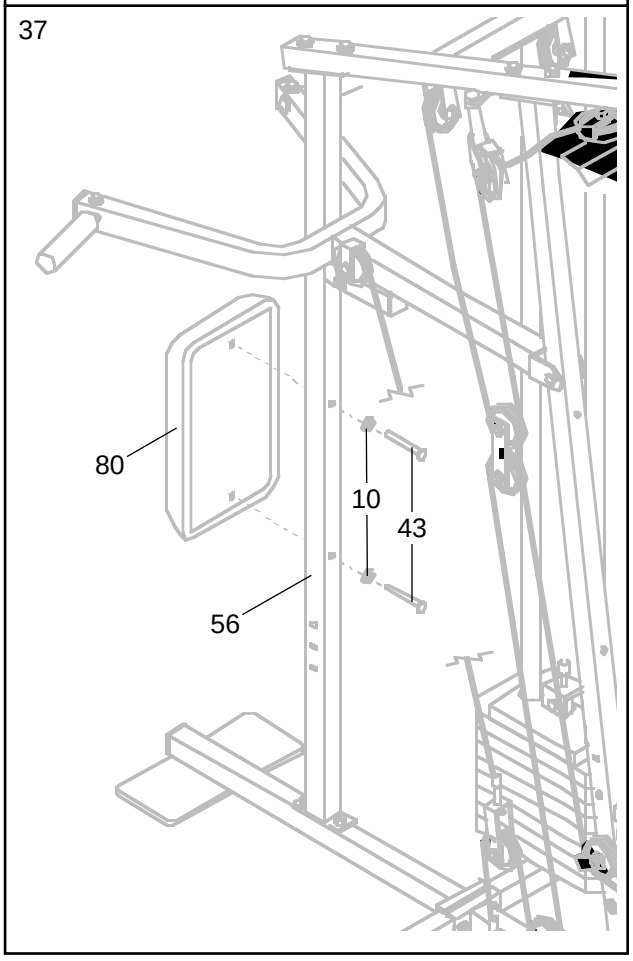


36. Attach the Small “U”-Bracket (67) to the Weight Tube (63) with the 5/16” x 1 3/4” Bolt (72) and a 5/16” Nylon Locknut (3).



SEAT ASSEMBLY

37. Attach the Small Backrest (80) to the Rear Upright (56) with two 1/4” x 2 1/2” Screws (43) and two 1/4” Flat Washers (10).



38. Press a 1 3/4” Square Inner Cap (44) into the Rear Seat Frame (77).

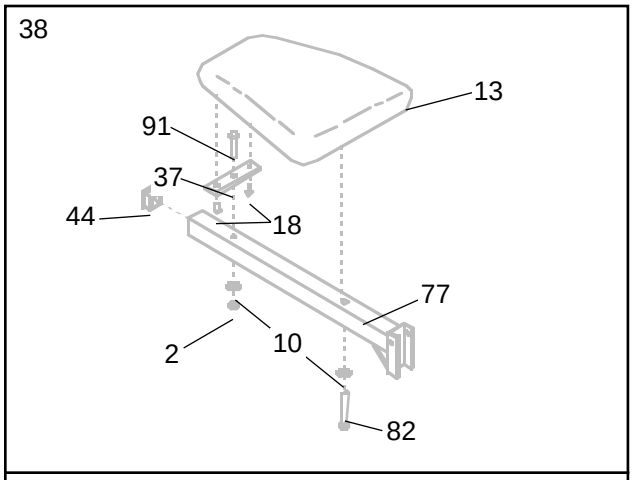
    Insert the 1/4” x 2 1/2” Carriage Bolt (91) into the center hole in a Seat Plate (37). Attach the Seat Plate to a Seat (13) with two 1/4” x 1/2” Screws (18).

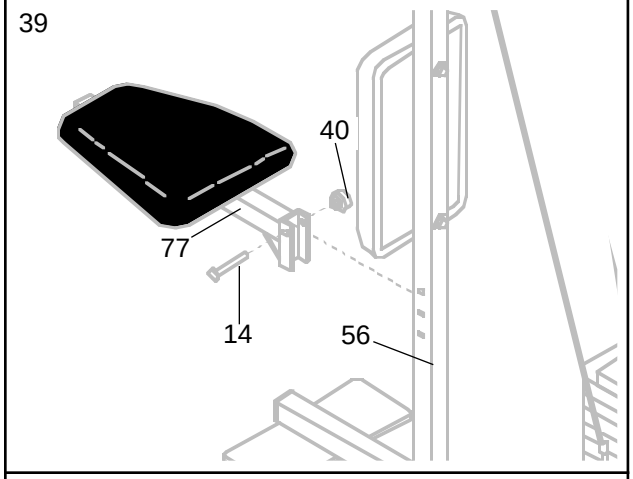
    Insert the 1/4” x 2 1/2” Carriage Bolt (91) into the indicated hole in the Rear Seat Frame (77). Tighten a 1/4” Nylon Locknut (2) with a 1/4” Flat Washer (10) onto the Carriage Bolt.

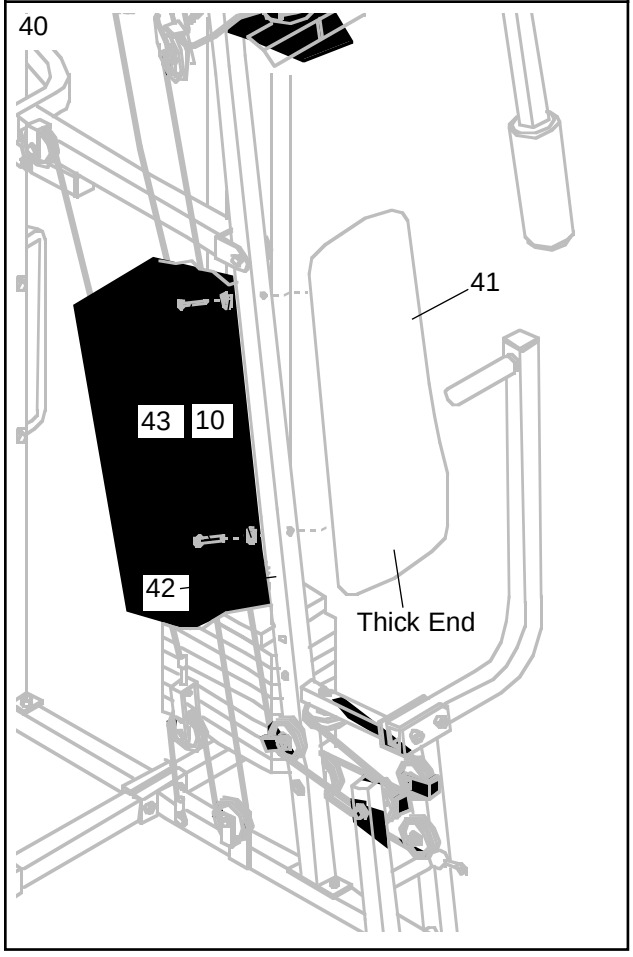
    Attach the other end of the Seat (13) to the Rear Seat Frame (77) with a 1/4” Flat Washer (10) and the 1/4” x 2 1/4” Screw (82).

39. Align the holes in the Rear Seat Frame (77) with one set of holes in the Rear Upright (56). Attach the Rear Seat Frame to the Rear Upright with a 5/16” x 2 3/4” Carriage Bolt (14) and a Seat Knob (40).

40. Attach the Large Backrest (41) to the Front Upright (42) with two 1/4” x 2 1/2” Screws (43) and two 1/4” Flat Washers (10). **The Backrest must be oriented as shown.**







41. Press a 1 1/2” Square Inner Cap (32) into the Front Seat Frame (36).

    Insert the 1/4” x 2 1/4” Carriage Bolt (38) into the center hole in a Seat Plate (37). Attach the Seat Plate to the Seat (13) with two 1/4” x 1/2” Screws (18).

    Insert the 1/4” x 2 1/4” Carriage Bolt (38) into the indicated hole in the Front Seat Frame (36). Tighten a 1/4” Nylon Locknut (2) with a 1/4” Flat Washer (10) onto the Carriage Bolt.

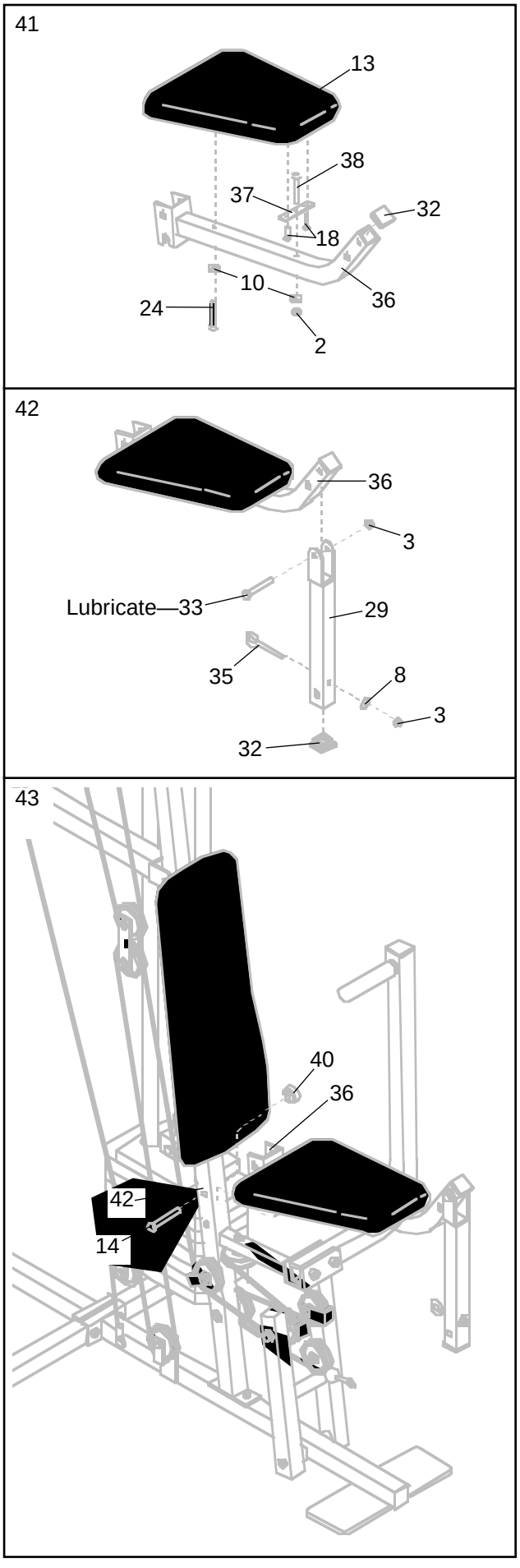
    Attach the other end of the Seat (13) to the Front Seat Frame (36) with a 1/4” Flat Washer (10) and the 1/4” x 2” Screw (24).

42. Press a 1 1/2” Square Inner Cap (32) into the Leg Lever (29).

    Lubricate the 5/16” x 2 1/4” Bolt (33). Attach the Leg Lever (29) to the Seat Frame (36) with the 5/16” x 2 1/4” Bolt and a 5/16” Nylon Locknut (3). **Do not overtighten the Nylon Locknut. The Leg Lever must be able to pivot freely.**

    Insert the 5/16” x 2” Eyebolt (35) into the Leg Lever (29) from the direction shown. Tighten a 5/16” Nylon Locknut (3) with a 5/16” Flat Washer (8) onto the Eyebolt.

43. Rest the Front Seat Frame (36) on the indicated pin in the Front Upright (42). Attach the Front Seat Frame to the Front Upright with a 5/16” x 2 3/4” Carriage Bolt (14) and the Seat Knob (40).

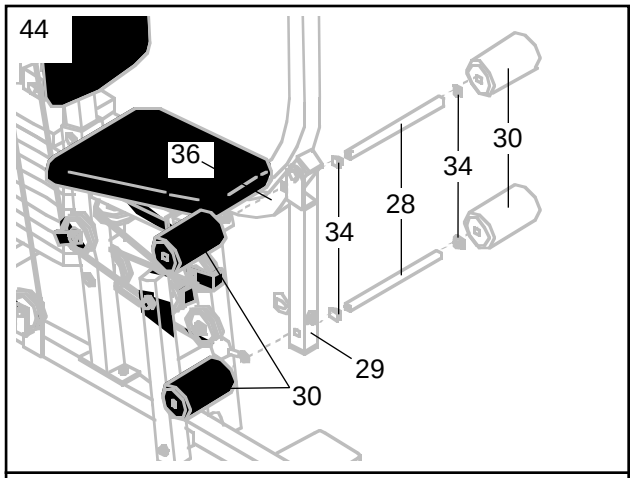


SEAT ASSEMBLY

44. Press 3/4” Round Inner Caps (34) into the ends of both Pad Tubes (28).

    Insert one Pad Tube (28) into the Front Seat Frame (36). Slide a Foam Pad (30) onto each end of the Pad Tube.

    Insert the other Pad Tube (28) into the Leg Lever (29). Slide a Foam Pad (30) onto each end of the Pad Tube.

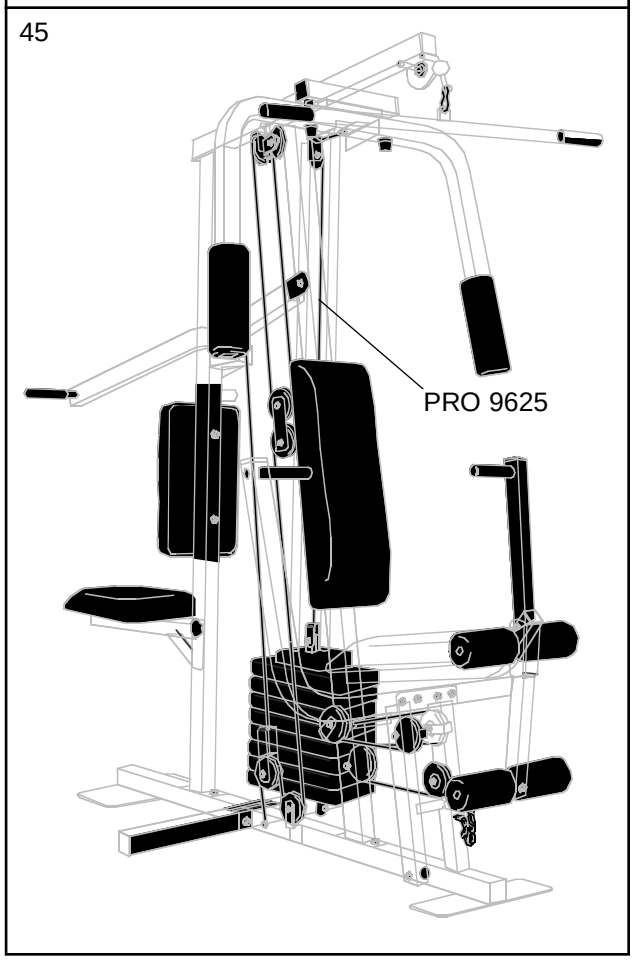


MISC

45. Remove the backing from the PRO 9625 decal and apply it to the home gym system as shown.

    Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 19 of this manual.

    Before using the home gym system, pull each cable a few times to be sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 23 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables. See TROUBLE-SHOOTING AND MAINTENANCE on page 22.**

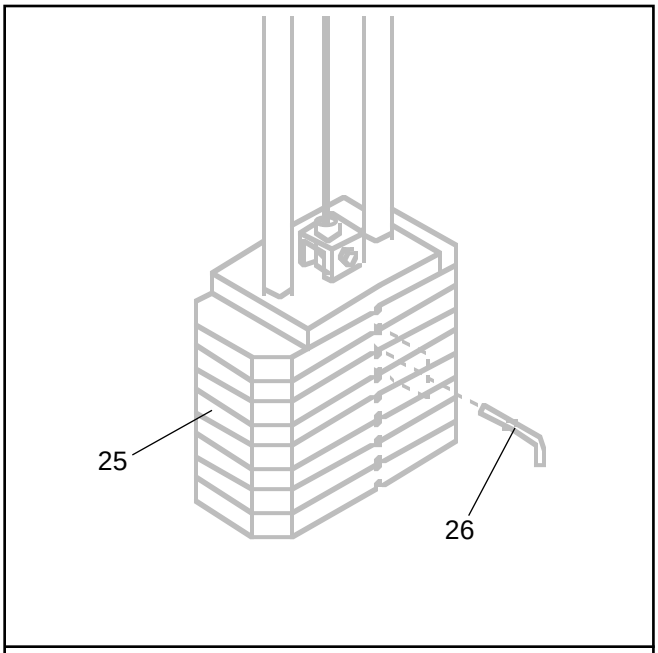


ADJUSTMENT

The instructions below describe how each part of the home gym system can be adjusted. Refer to the exercise poster accompanying this manual to see how the home gym system should be set up for each exercise. **IMPORTANT: When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

CHANGING THE WEIGHT SETTING

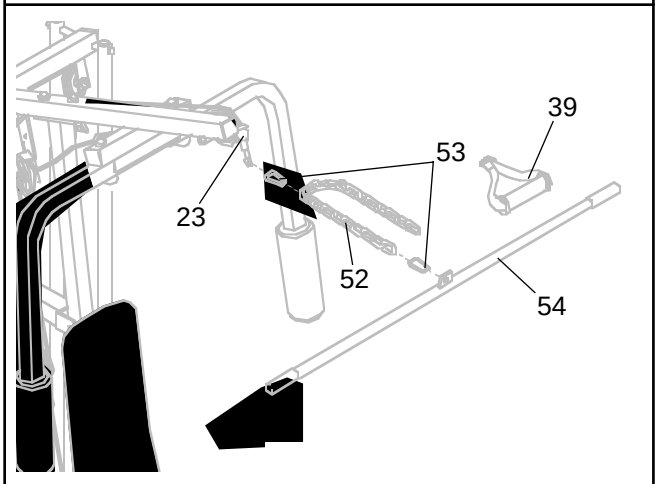
To change the weight setting of the weight stack, insert a Weight Pin (26) under the desired Weight (25). Be sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of the weight stack can be changed from 6.5 pounds to 106.5 pounds, in increments of 12.5 pounds. **Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 21 to find the approximate amount of resistance at each weight station.**



ATTACHING THE LAT BAR OR NYLON STRAP TO THE HIGH PULLEY STATION

Attach the Lat Bar (54) to the Medium Cable (23) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the Medium Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Medium Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

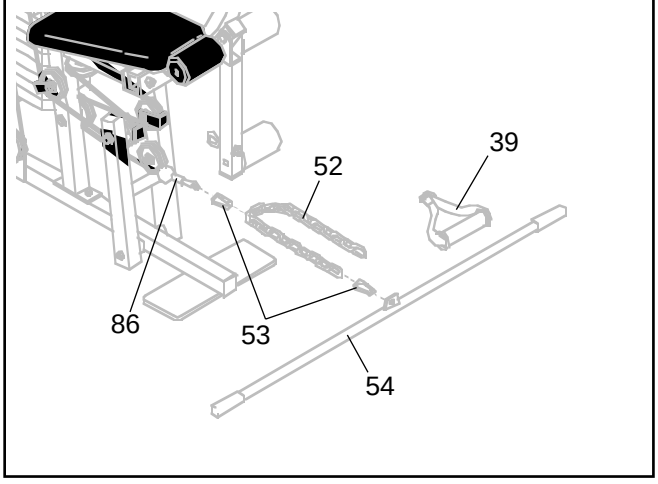
The Nylon Strap (39) can be attached in the same manner.



ATTACHING THE LAT BAR OR NYLON STRAP TO THE LOW PULLEY STATION

Attach the Lat Bar (54) to the Long Cable (86) with a Cable Clip (53). For some exercises, the Chain (52) should be attached between the Lat Bar and the Long Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Long Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

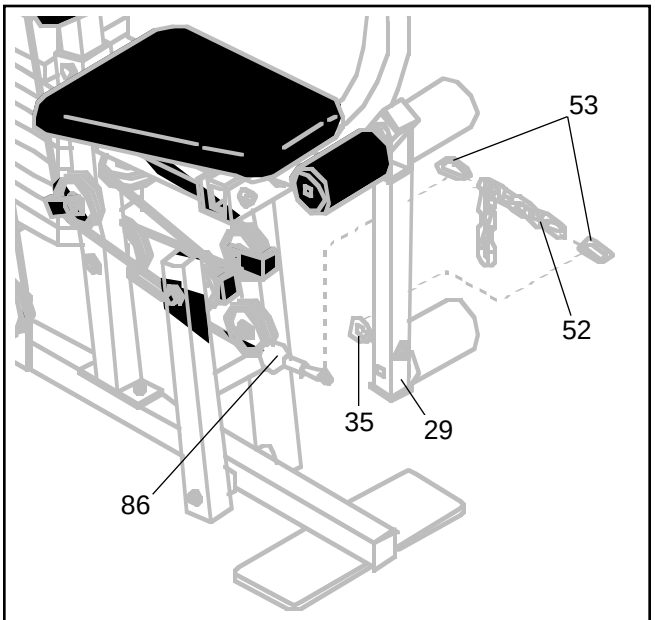
The Nylon Strap (39) can be attached in the same manner.



ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

To use the Leg Lever (29), the seat must be attached to the front upright (see ATTACHING AND REMOVING THE SEATS below).

Attach one end of the Chain (52) to the Long Cable (86) with a Cable Clip (53). Attach the other end of the Chain to the Eyebolt (35) with a Cable Clip. **Always remove the Chain (52) from the Eyebolt (35) before removing the seat.**



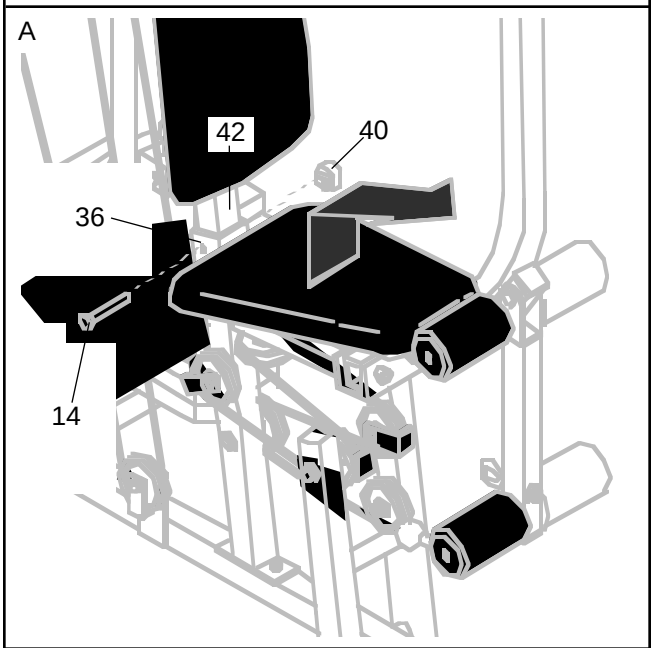
ATTACHING AND REMOVING THE SEATS

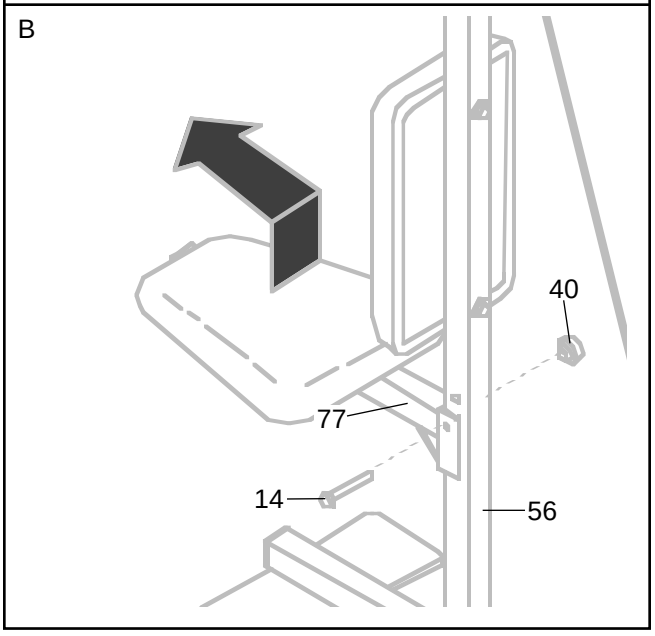
See drawing A. Set the bracket on the Front Seat Frame (36) onto the indicated pins on the Front Upright (42). Attach the Front Seat Frame to the Front Upright with the 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).

For some exercises, the Front Seat Frame (36) must be removed. First, be sure that the chain is not attached to the leg lever. Next, remove the Seat Knob (40) and the 5/16" x 2 3/4" Carriage Bolt (14) from the Front Seat Frame. Lift the Front Seat Frame off the Front Upright (42).

See drawing B. Align the holes in the Rear Seat Frame (77) with one set of holes in the Rear Upright (56). Attach the Rear Seat Frame to the Rear Upright with the 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).

For some exercises, the Rear Seat Frame (77) must be removed. Remove the Seat Knob (40) and the 5/16" x 2 3/4" Carriage Bolt (14) from the Rear Seat Frame. Lift the Seat Frame off the Rear Upright (56).





WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each station. “Top” refers to the 6.5 lb. top weight. The other numbers refer to the 12.5 lb. weight plates. Weight resistance shown for the butterfly arm station is for each butterfly arm.

WEIGHT PLATES	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LEG LEVER (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)	SQUAT ARM (lbs.)
Top	24	14	21	15	19	31
1	45	21	41	30	34	58
2	69	42	60	43	52	77
3	98	51	76	58	68	102
4	117	65	87	74	82	143
5	142	86	101	92	98	169
6	162	94	116	106	117	196
7	191	118	140	121	128	204
8	210	126	169	134	147	215

TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the home gym system. Replace any worn parts immediately. The home gym system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

TIGHTENING THE CABLES

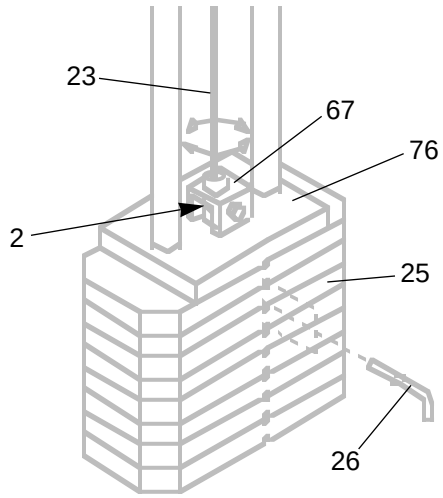
Woven cable, the type of cable used on the home gym system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. Insert the Weight Pin (26) under one of the indicated Weights (25). Slack can be removed from the cables by tightening the 1/4" Nylon Locknuts (2) at the end of the Medium Cable (23) (see drawing 1) and at the end of the Short Cable (58) (see drawing 2). To do this you may need to remove the Small "U"-Bracket (67) from the Weight Tube (not shown) or remove the 3 1/2" Pulley (15) from the Long "U"-Bracket (57). Make sure that the cables are not too tight or the Top Weight (76) will be lifted off the weight stack.

Additional slack can be removed by moving the 3 1/2" Pulley (15) to the other hole in the Long "U"-Bracket (57). Remove the 3/8" Nylon Locknut (21) and the 3/8" x 2" Bolt (12) from the Cable Trap (66), Pulley, and "U"-Bracket. Re-attach the Pulley and Cable Trap. Be sure that the Cable trap is in the proper position and that the Cable and Pulley move smoothly.

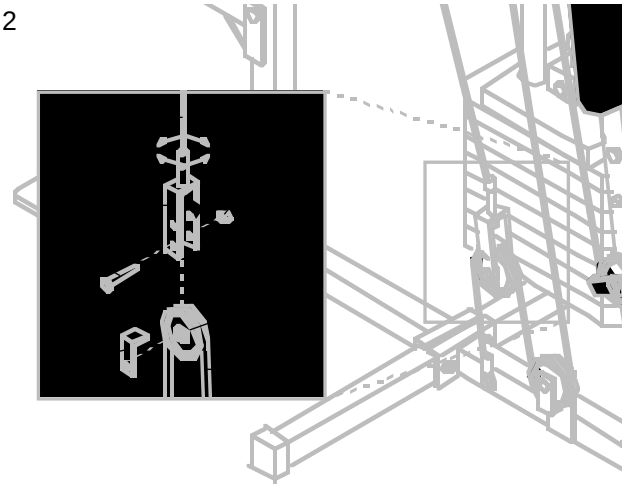
Note: If a cable tends to slip off the pulleys often, the cable may have become twisted. Remove the cable and re-install it.

If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

1

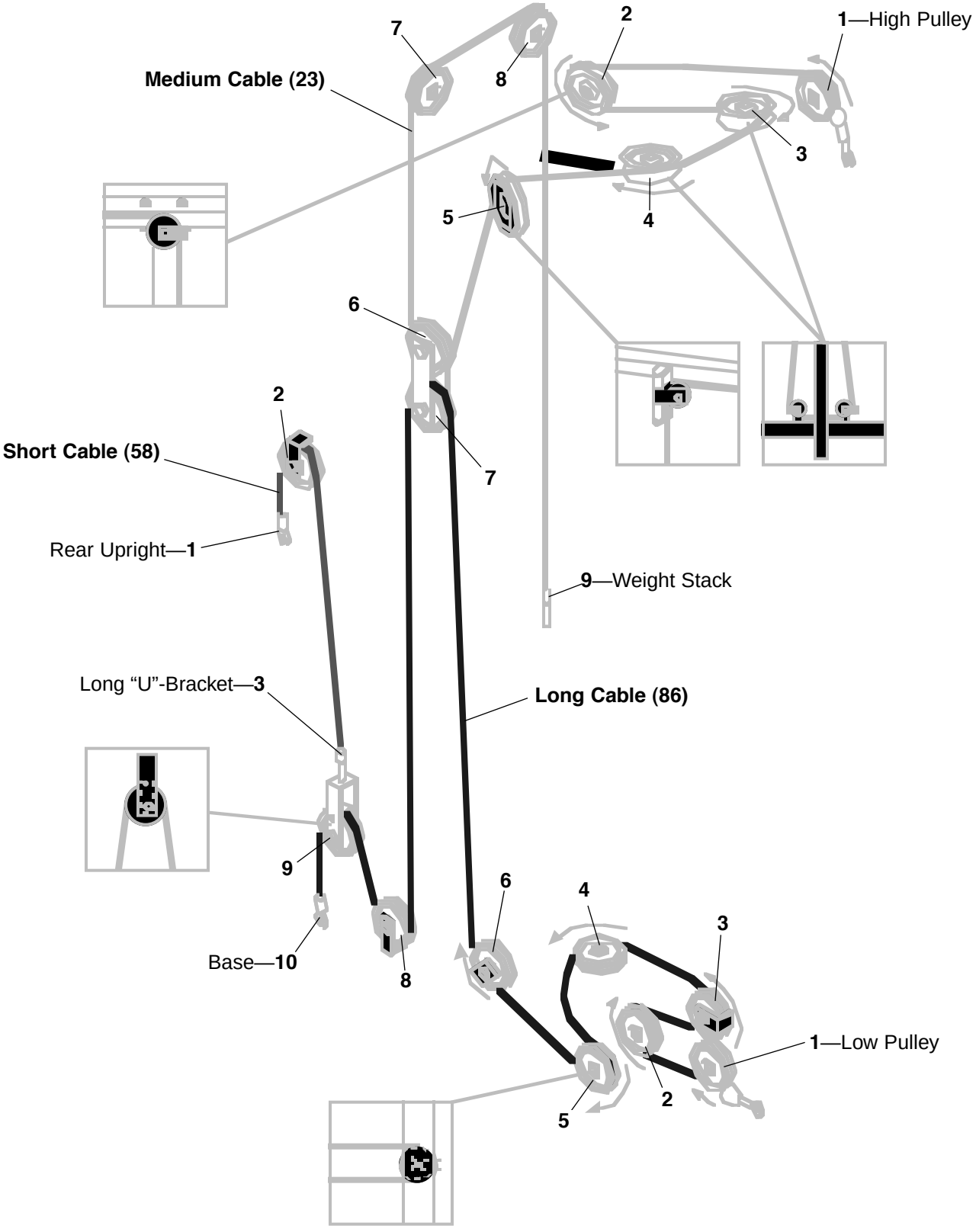


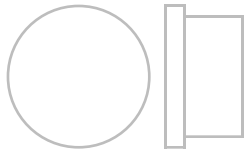
2



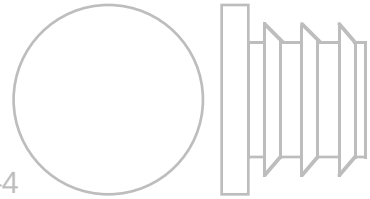
CABLE DIAGRAM

The cable diagram below shows the proper routing of the Short Cable (58), the Medium Cable (23), and the Long Cable (86). Use the diagram to be sure that the three cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the home gym system will not function properly and damage may occur. The numbers show the correct route for each cable. The starting and ending points of each cable are labeled. **Be sure that the cable traps do not touch or bind the cables.**

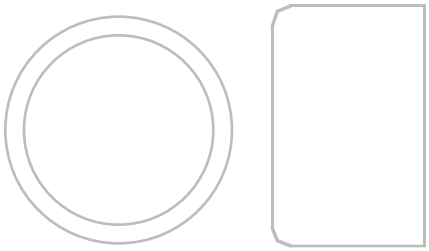




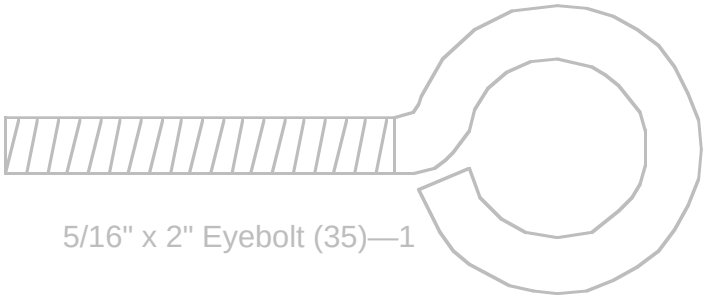
3/4" Round Inner Cap (34)–4



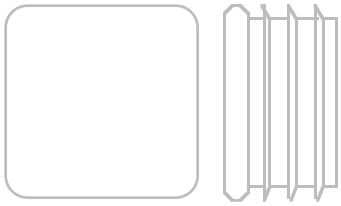
1" Round Inner Cap (49)–6



1" Round Cover Cap (70)–4



5/16" x 2" Eyebolt (35)—1



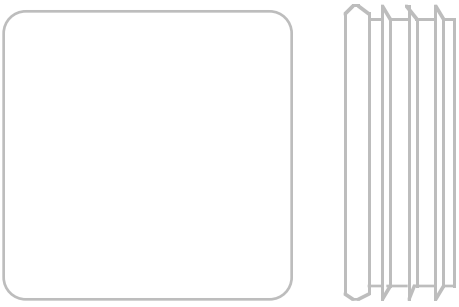
1" Square Inner Cap (65)—1



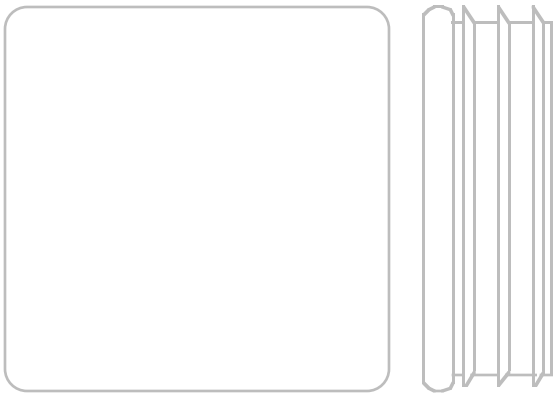
2" Square Cover Cap (78)–2



1 3/4" Square Inner Cap (44)–7



1 1/2" Square Inner Cap (32)—2



2" Square Inner Cap (27)–6



1" x 2" Endcap (83)–2



1/4" Nylon Locknut (2)–4



5/16" Nylon Jam Nut(84)–2



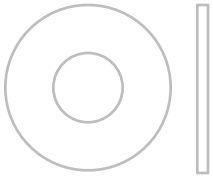
5/16" Nylon Locknut(3)–22



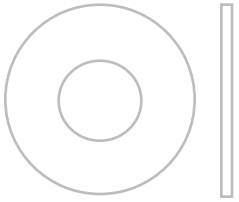
3/8" Nylon Locknut (21)–20



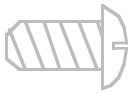
1/4" Flat Washer (10)–10



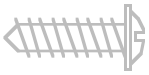
5/16" Flat Washer (8)–11



3/8" Flat Washer (9)–7



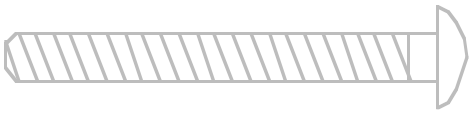
1/4" x 1/2" Screw (18)–4



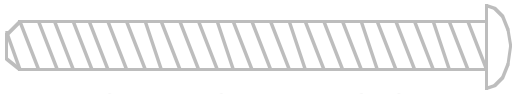
#8 x 1/2" SelfTapping Screw (89)–1



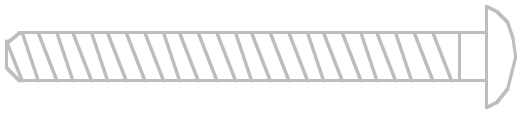
1/4" x 2" Screw (24)–1



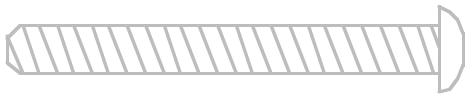
1/4" x 2 1/4" Carriage Bolt (38)–1



1/4" x 2 1/2" Screw (43)–4



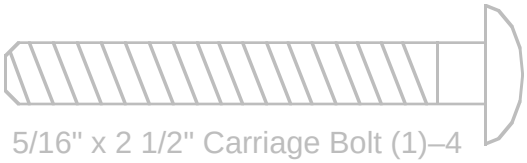
1/4" x 2 1/2" Carriage Bolt (91)–1



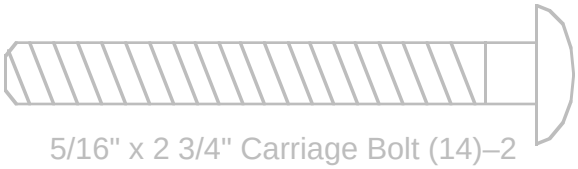
1/4" x 2 1/4" Screw (82)–1



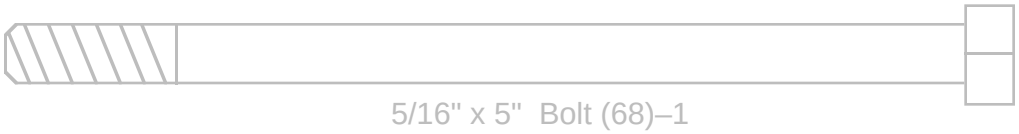
5/16" x 2 3/4" Bolt (11)–7



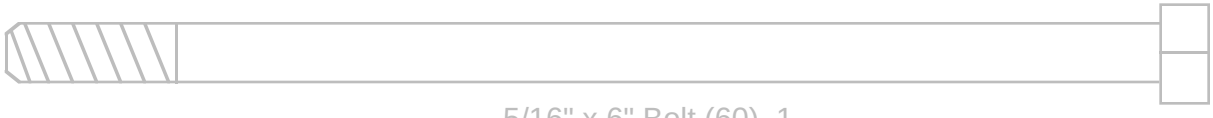
5/16" x 2 1/2" Carriage Bolt (1)–4



5/16" x 2 3/4" Carriage Bolt (14)–2



5/16" x 5" Bolt (68)–1



5/16" x 6" Bolt (60)–1



1/2" x 3/4" Spacer (61)–2



1 1/8" x 2 1/2" Plastic Bushing (74)–2



5/16" x 1 3/4" Bolt (72)–1



3/8" x 1 3/4" Bolt (87)–4



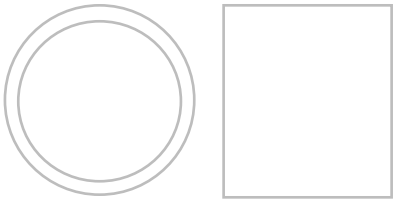
1/2" x 17/32 (94)–2



5/8" x 9/16" Spacer (73)–1



3/8" x 2" Bolt (12)–3



1" x 7/8" Plastic Bushing (75)–2



3/8" x 2 1/2" Bolt (7)–3



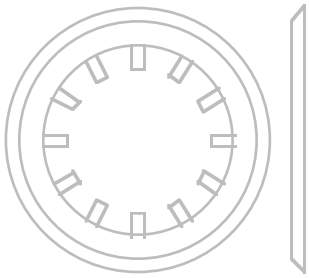
5/16" x 2 1/4" Bolt (33)–1



5/16" x 3" Bolt (93)–1



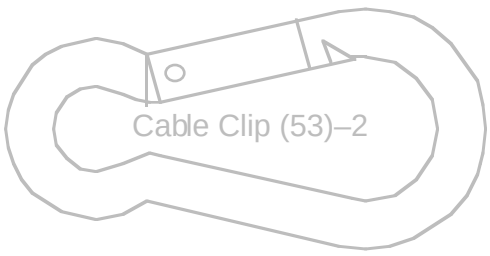
5/16" x 2 1/2" Bolt (22)–6



1" Retainer (69)–4



3/8" x 3 1/4" Bolt (85)–2



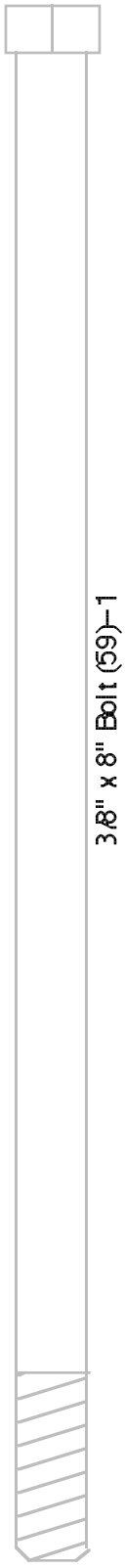
Cable Clip (53)–2



3/8" x 3 1/2" Bolt (16)–2



3/8" x 3 3/4" Bolt (71)–5



3/8" x 8" Bolt (59)–1

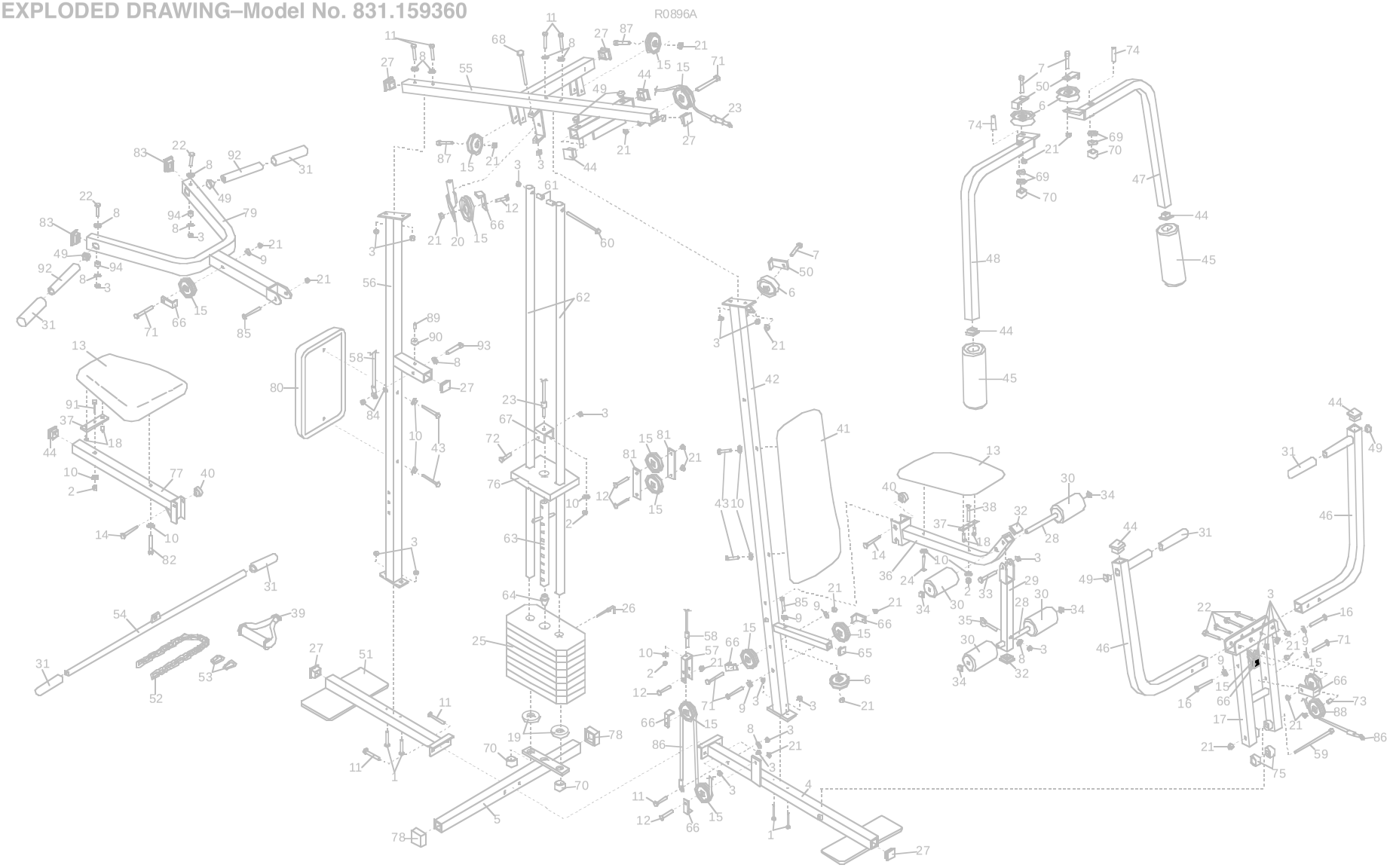
PART LIST—Model No. 831.159360

R0896A

Key No.	Part No.	Qty.	Description
1	100291	4	5/16” x 2 1/2” Carriage Bolt
2	012139	4	1/4” Nylon Locknut
3	012056	22	5/16” Nylon Locknut
4	132796	1	Front Base
5	132797	1	Stabilizer
6	115164	4	“V”-Pulley
7	013581	3	3/8” x 2 1/2” Bolt
8	014073	11	5/16” Flat Washer
9	014132	7	3/8” Flat Washer
10	014063	10	1/4” Flat Washer
11	119377	7	5/16” x 2 3/4” Bolt
12	013601	3	3/8” x 2” Bolt
13	132798	2	Seat
14	123385	2	5/16” x 2 3/4” Carriage Bolt
15	115370	13	3 1/2” Pulley
16	120003	2	3/8” x 3 1/2” Bolt
17	132799	1	Press Frame
18	123148	4	1/4” x 1/2” Screw
19	115644	2	Weight Bumper
20	132800	1	Pulley Bracket
21	012149	20	3/8” Nylon Locknut
22	127948	6	5/16” x 2 1/2” Bolt
23	132801	1	Medium Cable
24	128276	1	1/4” x 2” Screw
25	120294	8	Weight
26	122693	1	Weight Pin
27	108874	6	2” Square Inner Cap
28	127065	2	Pad Tube
29	132802	1	Leg Lever
30	103805	4	Foam Pad
31	119702	6	Hand Grip
32	103833	2	1 1/2” Square Inner Cap
33	121421	1	5/16” x 2 1/4” Bolt
34	119170	4	3/4” Round Inner Cap
35	129051	1	5/16” x 2” Eyebolt
36	132803	1	Front Seat Frame
37	132804	2	Seat Plate
38	121567	1	1/4” x 2 1/4” Carriage Bolt
39	115177	1	Nylon Strap
40	119192	2	Seat Knob
41	132805	1	Large Backrest
42	132806	1	Front Upright
43	128283	4	1/4” x 2 1/2” Screw
44	113666	7	1 3/4” Square Inner Cap
45	120596	2	10” Pad
46	132807	2	Press Arm
47	132809	1	Left Arm
48	132811	1	Right Arm
49	120733	6	1” Round Inner Cap
50	132812	3	Long Cable Trap
51	132816	1	Rear Base
52	116868	1	Chain
53	103087	2	Cable Clip
54	127061	1	Lat Bar
55	132817	1	Top Frame
56	132822	1	Rear Upright
57	132883	1	Long “U”-Bracket
58	132821	1	Short Cable
59	128292	1	3/8” x 8” Bolt
60	128293	1	5/16” x 6” Bolt
61	131516	2	1/2” x 3/4” Spacer
62	132887	2	Weight Guide
63	132818	1	Weight Tube
64	122691	1	Weight Tube Bumper
65	120696	1	1” Square Inner Cap
66	132819	8	Cable Trap
67	132820	1	Small “U”-Bracket
68	128297	1	5/16” x 5” Bolt
69	108778	4	1” Retainer
70	120808	4	1” Round Cover Cap
71	118471	5	3/8” x 3 3/4” Bolt
72	102073	1	5/16” x 1 3/4” Bolt
73	121845	1	5/8” x 9/16” Spacer
74	126891	2	1 1/8” x 2 1/2” Plastic Bushing
75	126808	2	1” x 7/8” Plastic Bushing
76	126866	1	Top Weight
77	132885	1	Rear Seat Frame
78	120822	2	2” Square Cover Cap
79	132884	1	Squat Arm
80	132886	1	Small Backrest
81	132815	2	“I” Plate
82	130688	1	1/4” x 2 1/4” Screw
83	127231	2	1” x 2” Inner Cap
84	126892	2	5/16” Nylon Jam Nut
85	120354	2	3/8” x 3 1/4” Bolt
86	132814	1	Long Cable
87	013399	4	3/8” x 1 3/4” Bolt
88	124590	1	3 1/2” Low Pulley
89	013141	1	#8 x 1/2” Tap Screw
90	122950	1	Rubber Bumper
91	121567	1	1/4” x 2 1/2” Carriage Bolt
92	132813	2	Handle
93	126145	1	5/16” x 3” Bolt
94	127234	2	1/2” x 17/32” Spacer
#	132823	1	User’s Manual
#	125056	1	Exercise Poster

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice.

EXPLODED DRAWING–Model No. 831.159360



SEARS

Model No. 831.159360

QUESTIONS?

If you find that:

- **you need help assembling or operating the WEIDER® PRO 9625**
- **a part is missing**
- **or you need to schedule repair service**

call our toll-free HELPLINE

1-800-736-6879

Monday–Saturday, 7 am–7 pm Central Time (excluding holidays)

REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

1-800-FON-PART

(1-800-366-7278)

The model number and serial number of your WEIDER® PRO 9625 are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The MODEL NUMBER of the product (831.159360).
- The NAME of the product (WEIDER® PRO 9625 Home Gym System).
- The PART NUMBER of the PART (see the PART LIST and the EXPLODED DRAWING at the center of this manual).
- The DESCRIPTION of the PART (see the PART LIST and the EXPLODED DRAWING at the center of this manual).

FULL 90 DAY WARRANTY

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS WEIGHT SYSTEM EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the WEIGHT SYSTEM EXERCISER, free of charge.

This warranty does not apply when the WEIGHT SYSTEM EXERCISER is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179

Part No. 132823 R0896A

Printed in Canada © 1996 Sears, Roebuck and Co.